



Vista
Coming down
the mountain!
page
11 Descending,
rappelling,
hiking in
Grazalema

Rota COASTLINE

Vol. 9 Issue 42

U.S. Naval Station, Rota, Spain

Nov. 9, 2000

Appropriations Act signed, 3.7% pay raise authorized

A 3.7 percent military pay raise, TRICARE changes, military modernization and lifetime medical benefits are just some of the aspects of the Floyd D. Spence National Defense Authorization Act for Fiscal Year 2001 that President Clinton signed into law Oct. 30.

3.7% Pay Raise

Service members will see a 3.7 percent across-the-board pay raise that goes into effect Jan. 1, 2001. The raise is set half a percentage point higher than the Employment Cost Index, a measure of private sector wage increases. The law previously sets military pay raises at a half percent below the index, but Congress voted to override that law.

Additional Pay Raises for E-5 to E-7

In addition to the 3.7 percent pay raise, service members in pay grades E-5 to E-7 will receive a targeted, one-time monthly raise of \$32 to \$59 starting July 1, 2001.

BAH

Congress has added funds to the Basic Allowance for Housing to reduce out-of-pocket expenses service members must pay if they live off base. Currently, service members living off base pay an average of 19 percent of their housing costs out-of-pocket. The money will bring that average to 15 percent in fiscal 2001. The legislation authorizes the defense secretary to raise BAH rates to eliminate out-of-pocket expenses by fiscal 2005.

Thrift Savings Plan

Another pay action calls for active and reserve military personnel to be able to use the Thrift Savings Plan. The plan, long a part of the Federal Em-

see Appropriations Act, page 21

Overseas absentee votes impact 2000 U.S. Presidential Election

The Presidential race between Vice President Al Gore and Texas Gov. George W. Bush pended in Florida when the presidency hinged on only hundreds of votes,

Wednesday morning. In Florida, an estimated 2,300 overseas absentee ballots – mostly from military members – were counted in an effort to de-

termine the race, personifying the notion that every vote counts.

"Here's a perfect example of how your vote can make an impact," said Capt. Richard R.

Noble, Commander, U.S. Naval Activities, Spain.

Election officials consider the race one of the most closely contested in history.

Detailer roles redefined

Focuses on communications, pro-active detailing

Heather King Navarrete
Rota Coastline

In a program geared toward changing the image of detailers, in an effort to retain Sailors, the detailer ranks will be redefined, making detailers more accessible, more approachable, and more responsive to the needs of the Sailors.

"We are currently working on a major paradigm shift within our detailer ranks," said Bob Scott, head of the enlisted assignment division, PERS-40. "The new focus is on communications, 'pro-active enlisted de-

tailer within the fleet' as the main reason to exist."

The first of a three-phase series is being enacted, now, said Scott. Phase I initiatives are geared toward creating a more proactive approach to detailing with an emphasis placed on human contact and interaction.

"I think the program will be successful because they are trying to merge two systems that were successful in their own way," said NCC(SW/AW) Eduardo Bastidas, career

see DETAILERS, page 3

25 detailers to visit Rota

Twenty-five detailers are coming to Naval Station, Rota, Nov. 13-15, equipped to meet with every Sailors from every rating. All Sailors are encouraged to meet with their detailer, said NCC(AW/SW) Eduardo Bastidas, career counselor, Naval Station, Rota.

"Your detailer is your senior career counselor, because they know the career progression that will get you promoted," said Bastidas. "Even if you're not within

see VISIT, page 2

OCSC raises more than \$12K at Bazaar

PH1(AW) Ron Heppner
Rota Coastline

This year's 29th annual Officer Civilian Spouse Club Charity Bazaar was viewed as a win-win situation for the Rota Community, said OCSC members. Seventy-eight vendors ranging from local crafters to international merchants and the community itself contributed to the success of the community event that has become a Rota tradition.

There are many ways the bazaar benefits the community, said Dena Taylor, OCSC president. The bazaar provided booster clubs and non-profit organizations the opportunity to sell food in the food court to raise money for their projects with no additional charge to the clubs.

"This year we have the Air Force with their baked potatoes, PSD has spring rolls, Dance Alive is making frozen blender drinks, and the Music Club always does southern-style barbecue, she said. "The barbecue always sells out."

Commercial vendors are charged a table fee and a percentage of their sales, but OCSC gives a break to the home crafters and non-profit base organizations, who only pay the table fee, said Kim Diaz, OCSC Ways and Means Committee chairman.

See OCSC CHARITY BAZAAR, page 3



photo/ PH1(AW) Ron Heppner

Erin and Kelly Dickinson show off Ferie Barbie dresses hand sewn by Anna Cebrian. At this year's OCSC 29th Annual Bazaar, Cebrian was one of 78 vendors participating in the event.

>>> ROTA COASTLINE

Your community newspaper

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U.S. Naval Station, Rota, Spain
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WEATHER

This forecast was created on Tuesday. For the latest update, visit nemoc.navy.mil



TODAY

Mostly Cloudy
High: 62 Low: 43



FRIDAY

Partly Cloudy
High: 66 Low: 46



SATURDAY

Mostly Cloudy
High: 66 Low: 52



SUNDAY

Isolated Rainshowers
High: 64 Low: 53

THIS WEEK



Does the acronym FP/AT mean anything to you? I'd be willing to bet that it means something to most (if not all) active duty personnel here at Rota.

The acronym stands for Force Protection/Anti-Terrorism. In a nutshell, FP/AT is the U.S. Department of Defense program that's designed to maximize the protection of our resources, both people and material, while continuing to operate in an environment where there are threats to our interests and our way of life. What does all this mean to us? It means that, even though we are living in a relatively safe part of an increasingly dangerous world, we must maintain an awareness of the fact that we are not immune to potential threats against our welfare.

The attack on the USS Cole last month is an excellent example. It is for that reason that you have seen changes in the base security pro-

CAPTAIN'S CORNER

*Capt. R. Noble,
COMNAVACT, Spain*

file, e.g., those big yellow barriers that are used to increase vehicle standoff distance from areas of personnel concentrations. What I'm encouraging you to do is read the material that we publish in the Coastline about FP/AT, pay attention to the information regarding situational awareness and your own personal safety, and bear with us (your security team) as we attempt to balance the requirement to protect you with the requirement to provide you convenience and freedom of movement. Sometimes the two are in conflict!

New topic. In my opinion,

there are two very important, Navy-wide, annual fund drives: the Navy/Marine Corps Relief and the Combined Federal Campaign (CFC). I know that we have all been very busy over the past few weeks, but it appears the pace is catching up and impacting our CFC effort. We are currently about halfway through the campaign fund drive but we are tracking a little behind where we were last year at this point. The Commander of Navy Forces, Europe has set a goal of 46% participation (a 1% increase over 1999), with an average donation of \$158.00 (a 3% increase over 1999). Last year, Rota had a 50% participation rate, contributing a total of almost \$150,000.00 to a wide variety of needy organizations. Thus far this

year, we are at 20% participation, but we have contributed almost \$50,000 already. I realize that the U.S. Government is not paying you enough to make you rich, but I'm asking you to take a look at what you can give (an allotment is always the least painless way to give), take a hard look at all of the organizations that you can choose (ask your unit CFC Representative for the catalog), and then specify one or two and make a decent contribution. It will make a big difference... I guarantee it! Thanks for your generosity, thanks to all of the unit CFC Representatives, and a special thanks to ENS Susan Wood from NEMOC for coordinating all of Rota's efforts.

A few final thoughts. This morning, as I was driving to work in the dark, I noticed a couple of red flashing lights way up ahead. As I got closer I could easily see reflectors moving with each stroke of the pedals, and then I saw re-

flexive material/tape on the clothing of the riders. These two bicyclists were EASY TO SEE. Good going. All of you, who don't have this arrangement, please get it! Don't become ROAD KILL!

The Great American Smokeout is coming. I'm not going to preach at you, but I will tell you that I smoked for almost 20 years. Like many of you I found it easy to quit smoking... I "quit" several times in those 20 years. The last time I "quit" was 15 years ago, and it seems to have stuck (although I still occasionally yearn for a butt). For those of you who are doing the math, I'm not that old, I just started smoking when I was very young (about 5)! My point is, keep quitting; one of these days it will stick. Good luck.

And finally, a huge thanks to OCSG for their recent charity bazaar and all of the \$\$\$ raised for worthy causes. The community greatly appreciates your efforts.

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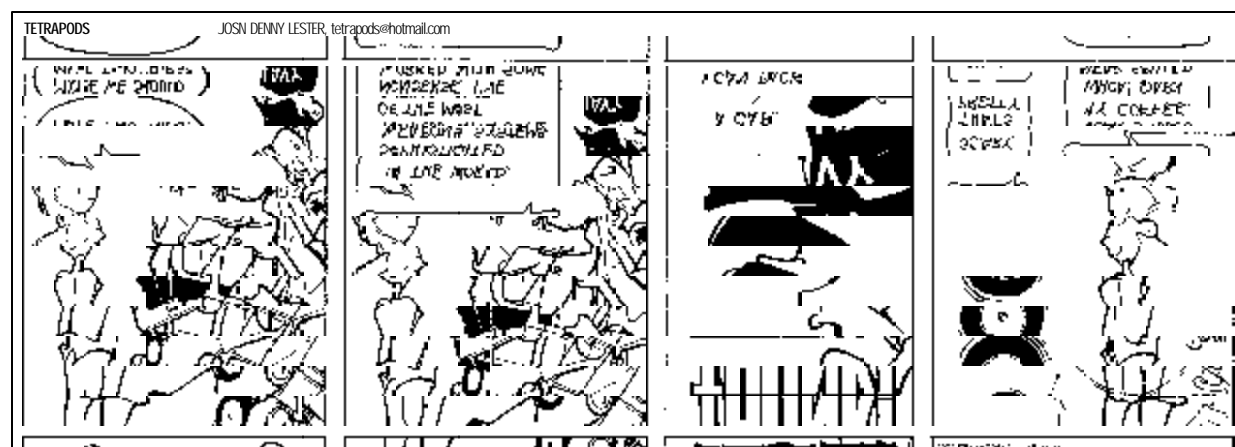
Rota Coastline welcomes your comments on Letters to the Editor, stories and features published in the newspaper. We also welcome letters on topics of importance to the local community. All letters must be signed, but, Rota Coastline will withhold names from publication if requested. We reserve the right to edit letters for length.

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VISIT

the window, I encourage everyone to turn out and talk to your detailer."

On Nov. 13, detailers will conduct a series of briefs at Reflections from 8 - 11 a.m. During this time, the new JASS system and the enlisted distribution system will be discussed. Detailers will be meeting with Sailors at Reflections from 1 - 4:30 p.m., Nov. 13 and 8 a.m. - 4:30 p.m., Nov. 14 - 15.



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Spanish police arrest ETA suspects

MADRID (Reuters) - Police arrested six people Tuesday on suspicion they belonged to or had links to a unit of the Basque separatist group ETA that was planning attacks in the capital.

The arrests were part of a fight back by Spanish authorities against ETA's bloodiest offensive in recent years, launched since a cease-fire ended late last year.

"What has been broken up is a group that without a doubt was going to act in Madrid in the coming days or coming weeks," Interior Minister Jaime Mayor Oreja told a news conference.

Two of the suspects were thought to be acquaintances of the group. Previously officials had said five people were under arrest. Police seized two pistols and false passports when they searched four apartments in and around Madrid.

The operation was continuing with further searches of homes expected.

Officials said they did not believe the suspects were responsible for a powerful car

bomb explosion on October 30 that killed three people and injured more than 60, the bloodiest attack blamed on ETA this year.

"We're not ready to say the Madrid Commando has been broken up," Mayor Oreja said, adding the group may have been sent to relieve an existing "Madrid Commando," or to complement it.

ETA has claimed or been blamed for 19 killings since it ended its cease-fire, resuming a three-decade campaign of violence for an independent Basque state in northern Spain and southwestern France.

"We are going to contain this happiness and satisfaction (over the arrests) because the ETA offensive will continue and we are still going to live through very hard and difficult moments," the minister said.

French police arrested nearly 20 alleged members of the group earlier this year, including a man believed to be ETA's top military commander. But ETA's attacks have continued on an almost weekly basis since then.

OCSC CHARITY BAZAAR

continued from cover

"So really what we are talking about with the non-profit groups is a charity within a charity," she said.

The Bazaar itself has taken on an international flair, a new vendor from Wales this year, and includes vendors from Morocco and Japan. Even American vendors make and sell products with international flavor. Home crafters got their materials from all over the globe. Lampshade crafter Mary Anne Crewse created her shades from hand made paper with pressed flowers and leaves embedded in it.

All but fifteen percent of the proceeds from admission fees, and the fees charged to the vendors goes back to the community through grants that are distributed in April, said Lisa Roberts, OCSC, Grants chairman. A non-partial board considers all requests according to need, and makes sure the grants are considered and distributed fairly.

The grants go to almost anyone who has a need on base or in the Spanish community, said Roberts. "This year we have received a request from a soup kitchen in San Fernando," she said.

Guidelines for grant submission will be issued by OCSC in March.

The bazaar also brings out the best in people, who come out and show their support for an event like this because it goes to a good cause, said Diaz.

"I'd like to publicly thank everyone who supported this year's bazaar, the Spanish Navy for providing security, DGF for the space, and a special thanks to the DGF Admiral's football team for setting up and tearing down," she said. "Those guys really busted their butts."

DETAILERS

continued from cover

counselor, Naval Station, Rota. "It's the best part of the old detailing system and the best part of the JASS system combined."

Under the new program, detailers are required to take a communications skills course to improve their ability to serve Sailors, said Scott. Detailers will be assigned administrative assistants in an effort to shift their focus away from administrative paper work and toward the needs of the Sailor. And, detailers will be expected to contact Sailors a year before their rotation date to discuss future career plans.

This is a change for the better, said PCC(SW) Otilio Santos, PC/LI detailer.

"I think this is very positive, because it will enable us to contact Sailors at the 12 month mark and see what the Sailors intentions are," he said. "If we get them far enough in advance, hopefully we'll be able to get them to stay Navy or at least make their transition a little smoother while processing out."

With the new program, Sailors can expect a detailer who is more informed, more sensitive to their needs, and who considers the needs of their families, said Bastidas.

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DeCA, DGF, NAVSTA combine to celebrate America Recycles Day

Naval Station Environmental Office

The Defense Commissary Agency, DGF Elementary School and the Naval Station's Recycling Program are combining efforts to celebrate America Recycles Day, Nov. 15.

The elementary school children will perform art projects on paper grocery bags, which will be used to package groceries on Nov. 15.

The Naval Station's Recycling Program will stage a table at the Commissary entrance to provide information and answer questions about the recycling program.

America Recycles Day is a grassroots, public awareness campaign established in the U.S. four years ago, to generate renewed public enthusiasm for recycling and buying recycled content products.

According to program officials, more than 2.9 million Americans participated in events around the country in 49 states, the District of Columbia, Puerto Rico, and the U.S. Virgin Islands in 1999. That is a 387% increase over the 750,000 participants in 1997.

However, America Recycles Day does not happen without you and Naval Station's Recycling Program cannot be successful without your participation.

Here are some simple things you can do to make a difference. When grocery shopping:

Think Reduce: Choose products with the least packaging, and thank store managers for stocking them. Buy whole fruits and veg-



photo/courtesy NAVSTA Environmental Office

Environmental's Mike Biever commends commissary patron Cindy Downey who uses reusable canvas grocery bags instead of paper or plastic. America Recycles Day is November 15

etables to avoid the unnecessary trays and wraps. Buy the large or economy size (less packaging per pound). When you have just an item or two say, "No bag, thanks."

Think Reuse: Use durable items such as reusable cups, plates, utensils, cloth napkins, sponges, and dish clothes. Look for products that are available in refillable packages. Reuse jars, boxes, and other containers. Maintain and repair durable products. Bring your own shopping bags to the store.

Paper or Plastic: What's the best choice in the check out line? According to the Environmental Defense Fund, "One type of bag isn't necessarily better than the other. Paper uses up trees, reducing forest biodiversity, and pro-

duces pollutants during the manufacturing process. Plastic consumes petroleum, which creates pollution, and increases the risk of oil spills. It's what you do with the bag that matters. Simply using it twice (lining a garbage container with it, for instance), reduces its impact on the environment by half. In addition, you should always recycle. The absolute best green thing you can do is try to take canvas or other durable, reusable bags with you when you go to the supermarket.

Come celebrate America Recycles Day at the Commissary, Wednesday, Nov. 15. Check out the new centralized recycling collection point located in the Commissary parking lot.

Base to celebrate Energy Awareness Week

Barry Chrestenson
Public Works Energy
Program Manager



Energy Awareness Week, Nov. 13-17, is a good time to start making energy and water efficiency a win-win situation.

By being aware of efficiency when buying energy- and water-consuming appliances at home and at work, by becoming conscious of where we waste these resources, and by taking steps to change our wasteful habits, we can all make a meaningful contribution.

Public Works, Rota spends over \$4 million per year to purchase electricity, fuel, water and sewage services needed to provide utilities on base.

By increasing energy awareness by only five percent, we can save the station nearly \$200,000 in avoided utility costs. This money can then be used for better purposes, such as providing additional supplies or new equipment or supporting mission requirements.

Reducing utility consumption by five percent is relatively easy. It all starts with awareness. Shutting down office equipment, such as computers, printers, and copiers, at night and on weekends can save five percent or more in energy costs.

Turning off lights for an hour a day either when you leave the office or at lunch saves another five percent in energy expenditures. And for water and sewer usage, just by putting a sealed one-quart bottle of water in a five-gallon toilet tank will reduce your water and sewer usage by five percent.

In celebration of Energy Week 2000, Public Works Dept. is hosting a poster contest, a logo contest and a fun run. The poster contest will be held at DGF Elementary, where NEX gift certificates will be awarded to the winners of each category.

The logo contest will be held to create a logo that embodies energy efficiency and conservation at Naval Station. NEX gift certificates of \$75 and \$50 will be awarded to the top two entries.

All entries must be submitted to Public Works by Nov. 20. A "Run Your Watts Off" 5K fun run will be held at the fitness center, Nov. 17, at noon. Awards and free giveaways will be included. Call ext. 1992 for more information.

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MEETINGS

Dance Alive

"Parents & Friends of Dance Alive" will hold their monthly board and general membership meeting Nov. 13 at 5 p.m. in the ballroom at Expeditions. General membership meeting will follow at 6 p.m. Everyone is encouraged to attend. Updates on the holiday production will be discussed. Call Laura at ext. 4320.

RAMIC

The Retired American Military Iberian Council will meet Tuesday, Nov. 14, at 1 p.m. at the Club Suboficiales. This monthly meeting will feature election of officers for the next year. All retirees, widows, wives or retirees, members of RAMIC or not, are invited to participate. A dutch-treat luncheon follows in the club dining room. Call John Canty at 956-85-7890 for more info.

VQ-2 Enlisted Spouses' Club

The VQ-2 Enlisted Spouses' Club meets Monday, Nov. 20, at 7 p.m. in DGF room 1610. Bring a votive candle as we will be trying our luck at candle dipping. Call Chris at ext. 4422, Laura at ext. 4344, or Sara at ext. 4726 for more information.

Breastfeeding Mom's Support Group

The group meets each Tuesday at 1:30 p.m. in Family Practice Conference room. It is sponsored and run by the Navy Marine Corps Relief Society Vis-

iting Nurse Program. Join them if you have any questions concerning nursing your baby or if you would just like to share your experiences. There will be at least one nurse and an RN on hand to weigh your baby, answer questions and guide the discussion. Take advantage of this great resource for nursing Moms! Call Elle Collingwood at ext. 4255 or Jan Owen at ext. 3459 for more.

Toastmasters

Toastmasters meetings are now held at the Hospital ground floor conference/galley room, Thursdays, from 7 - 8:30 p.m. What are you talking about? What did you say? How's that? Say what? Listening problem or speaking problem? Try Toastmasters! Have fun listening and speaking. Walk-ins can sit back, relax and enjoy! Or call Cindy at ext. 4717 for more information.

Take Off Pounds Sensibly

TOPS, a weight loss support group meets every Monday evening in the Family Practice Clinic conference room at the hospital. Weigh-in begins at 6:30 p.m., and the meeting begins at 7 p.m. Call Suzanne at 956-84-0902 or email suzadale@arconet.es for more info.

Twins Group

Moms and expectant moms of twins are invited to get together for a support/play group every other Wednesday. For more info, call Laura at ext. 4440.

Military Family Week

The Navy Family Services Center, NEX, and Navy Federal Credit Union celebrate Military Family Week, Nov. 20 - 24, with a couple of events. They are sponsoring an art contest for children, and entries are due by Nov. 21 at NFSC. The theme for the art work is "Enjoying the Military Lifestyle." Prizes will be given for the following categories: ages 3 - 5, ages 6 - 10; and 11 & older. NFSC is also having a seminar for spouses and family members Nov. 20 from 1 - 3 p.m. in the NAVLEAD building. Come meet your command Ombudsman, get information, and discuss opportunities. Reps from NMCRSC, Red Cross, and Navy College Office will be available to answer questions. Call ext. 3232 for more.

NSGA Spouses Call

In conjunction with Military Family Week, Capt. Reeves Taylor, NSGA commanding officer, and the NSGA Ombudsman Team would like to invite all NSGA spouses to attend a semi-annual "Spouses' Call" Nov. 17 at 7 p.m. in the Housing Community Center. The CO will discuss your concerns and issues as well as the future of NSGA Rota. Childcare will be provided by the Crow's Nest Association. If you have any questions, call Jennifer at ext. 4568, or Sandy at ext. 4363.

USS Cole Donations

Navy-Marine Corps Relief Society has established a fund to receive contributions that will assist the surviving spouses and children of USS Cole naval personnel who were killed or permanently disabled in the Oct. 12 incident. Individuals and organizations desiring to make contributions/donations should make their checks payable to the Navy-Marine Corps Relief Society and annotate on the check "For

the USS Cole Fund." Contributions can be mailed to NMCRS Headquarters at: Navy-Marine Corps Relief Society, 801 North Randolph Street, Suite 1228, Arlington, VA 22203-1978. You can also drop off your contributions to NMCRS Rota in bldg. 52. They can provide pre-addressed, stamped envelopes for direct mailing. Call ext. 1614 for more info.

Primary Care Manager Assignment Letter

U. S. Naval Hospital, Rota, Spain has completed the process of implementing the concept of Primary Care Manager (PCM) by name. As of Nov. 1, all TRICARE Prime enrollees were notified, by letter, of their assigned PCM. If you did not receive a letter, contact the TRICARE Service Center at the Naval Hospital. The office hours are from 7:30 a.m. - 4:30 p.m., Monday through Friday, or you can call ext. 1225 or 3552.

Hospital Record Keeping

A change in the operating procedures of the Outpatient Records Department, Naval Hospital, Rota, took effect this week. The change ensures medical records are kept current and available to providers when patients make appointments. The medical record is essential for providers who rely on the information within the record in order to provide high quality medical care. The only way to ensure that medical records are properly maintained is for the Military Treatment Facility (MTF) to keep control of all medical records. Remember that medical records are the property of the Federal Government and by having Outpatient Medical Records Department maintain them we are better able to provide optimal health care to all of our beneficiaries.

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HM and DT Detailers Visit

The HM and DT Detailers will be in Rota Nov. 13 – 16. Personnel who want to schedule an appointment to talk with their detailers should call the Hospital Career Counselor office at ext. 3680 or DTC Wurch (for dental technicians) at ext. 3798. JASS briefings will be conducted Nov. 13 – 14 at the hospital.

Holiday Greetings

The Naval Media Center is shooting holiday greetings Nov. 17, from 10 a.m. – 2 p.m. at the Chapel and Nov. 18, from noon – 2 p.m. in front of the main NEX. In case of inclement weather, shooting will be inside the Chapel Fellowship Hall Nov. 17 and Expeditions Nov. 18.

Girl Scout Thanksgiving Basket Service Project

Rota Girl Scouts invite requests from persons on base for a Girl Scout Thanksgiving Basket. The basket will provide everything for an entire Thanksgiving meal, and is intended to aid a family in need this Holiday season. Call Tuane Littchen-Pifer at 956-82-4919 for more information.

Thanksgiving Meal at Galley

The Gateway Galley is offering a

Thanksgiving Day meal Nov. 23, from 2:30 – 5 p.m. The price is \$4.30 for E-4 and below, their family members, and \$5.20 for all others. Seating is limited to 350 persons, and the dinner is available by advance ticket purchase only. Tickets can be purchased until Nov. 20 at the Galley's cashier. Meal pass holders do not need to make any special arrangements. "The Gateway Galley" is once again asking for E-7 and above volunteers to help serve this years Thanksgiving meal. Servers are needed for each full hour. Come and help your shipmates enjoy a "Wonderful Holiday Meal with the Gateway." If you would like to volunteer, check available times or have any questions answered by calling MSC Medel at ext. 1654 or 2032.

NEX Thanksgiving Day Shopping Hours

The Main Exchange, Sight and Sound and Home Center will be open Thanksgiving day, Thursday, Nov. 23, from 11 a.m. - 4 p.m. All the other NEX facilities will be open regular hours, except the Olive Pit at the BOQ and the NEX Admin. Office, which will both be closed Thanksgiving Day.

NEX Offices Closed Veterans Day

The NEX Telephone Office will close Veterans Day, Nov. 10. All other NEX facilities will be open normal hours.

EDUCATION

DGF Kindergarten Teachers

If you are a certified Elementary School teacher in the Kindergarten area, contact the DGF Elementary Office at ext. 4185 or 4187.

DGF Parent Teacher Conference Days

DGF has set aside Nov. 13 - 14 as Parent-Teacher conference days. Report cards can be picked up on these days, and parents are encouraged to call the school to make appointments for conference times. Call DGF High School at ext. 4181 or DGF Elementary School at ext. 4185.

UMUC Academic Advisor Visit

Questions about your degree plan, degree requirements, evaluation or transfer credit? Here is your chance to get them answered in person by a representative from Heidelberg. A University of Maryland Academic Advisor will be in Rota the week of November 13, and appointments can be scheduled by stopping by the office in Building 52 or calling ext. 2917/2918/2993.

Distance Education at UMUC

Register online now for University of Maryland spring Distance Education classes. Registration for Spring terms 3 and 4 runs from Oct. 10 – Jan. 12. Information and schedules are all available online at <http://www.ed.umuc.edu/de> or call ext. 2917/2918/2993 for more information.

Rota Community College

Rota Community College will begin its next term November 13. They are offering Spanish for adults and children, Spanish cooking, Sevillana

dancing, English as a second language, beginning Italian and beginning German. Come by the Navy College Campus, building 52 or call the Program Director at ext. 2913 for more information.

Navy College Learning Center...More Than Academic Courses!

You might be familiar with the free academic courses offered at the Navy College Learning Center. They have a variety of computer based self-paced programs to help you prepare for college, CLEP exams and advancement exams. What you might not know is that the NCLC also has parenting skills courses, work skills courses and life skills courses. New Parent? Identify ways to help your child grow happy, strong and smart. Looking to improve work skills? Learn practical math skills for the work place. Practice writing business forms, memos, report and directions. How do you become a great leader? Discover ways to improve your communication skills. Let the NCLC help you prepare for life and job success! They are open Monday – Thursday from 10 a.m. – 7 p.m. and Friday from 10 a.m. – 2 p.m. Visit us in Bldg. 52 (PSD) or call ext. 3070.

Embry-Riddle Aeronautical University

ERAU is looking for someone with a Master's degree in English or Literature to teach the Technical Writing course. They prefer someone with experience in technical writing and 18 graduate school hours of courses appropriate to the teaching discipline. Stop by the office in the Education Center or contact Kay at ext. 2984.

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ANNOUNCEMENTS

Marriage seminar

The Chapel will hold a one day marriage seminar called "Understanding the Love of Your Life" Nov. 17 from 9:15 a.m. to 3:45 p.m.

During this seminar each participant will discover their own personality type, the personality type of their spouse, how the two interact, and what they can do to maximize their marriage based on this knowledge.

Contact Chaplain Gore or Rosander at ext. 2161 for registration and more information.

CCD & Protestant Evening Program

There will not be CCD or Protestant Sunday Evening Program Nov. 12 due to the holiday.

Good word for the Week

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.

— Henry Ward Beecher

From the Core, to the Corps

I know that the corps in Marine Corps is spelled c-o-r-p-s, but it could just as well be spelled c-o-r-e. Because everything the Marines stand for comes from the core of their being. They don't just talk about core values, they live them.

Words like honor, courage and commitment may roll off their lips, but they really come from within. From the *core* of the Corps. Ask any chaplain or Navy corpsman what they think of the Marines they've served with. They might use words like crazy right next to courageous.

If there's a hard way and an easy way to do something, it seems like Marines will always choose the harder way! But there is no question about their honor, their courage or their commitment. Maybe that's why our nation consistently calls them first in times of crisis.

Happy Birthday Marines! You set the standard for others to follow. May the values which guide the Corps always be the values at the core of your life. And while others look for an easy way, continue to show the rest of us the right way. Semper Fidelis Marines!

Listen to Chapline every weekday at 7:10 a.m. and 4:05 p.m. on Hot 102.5 FM! If you miss a Chapline, you can access them on the web by clicking on "Base Chapel" under the resource section on the Naval Station web page, www.rota.navy.mil

**NAVY FAMILY SERVICE CENTER**

For information on NFSC programs, call 3232

CREATIVE RESUME

Nov. 14, 1:00 – 3:00 p.m.

A good resume is of key importance in the job search process. This workshop teaches you the basics of writing a resume. Learn which format best describes your skills.

APPLYING FOR FEDERAL EMPLOYMENT

Nov. 15, 11:00 – 1:00 p.m.

Learn how to complete your federal employment application to give you the edge on your next job. This seminar will include discussion about an optional application for federal employment (OF-612) as well as the SF-171. If you are interested in civil service employment, attend this seminar.

No ICR 20-24 November in observance of the Thanksgiving Holiday.

Celebrate **MILITARY FAMILY WEEK, November 19-26.**

INFORMED SPOUSE DAY


Attend **INFORMED SPOUSE DAY**, November 20, 1-3 p.m. at the NAVLEAD Bldg. Meet your command Ombudsman and get helpful information. Representative from NMCRS, Am Red Cross and Navy Campus will be available to answer questions. Refreshments will be served. *Sign-up is mandatory.*

ART CONTEST FOR CHILDREN

Attention Kids! Enter the Art Contest for Children. The theme for artwork is "Enjoying the Military Lifestyle". Prizes will be given for the most interesting art in three categories: ages 3-5, 6-10 and 11 & older. Navy Exchange and Navy Federal Credit Union are co-sponsoring this event. Entries must be received by Nov. 21 at the NFSC. Prizes include \$50 savings bonds and gift certificates to the NEX.

Worship Schedule

Nov. 11	6 p.m.	Roman Catholic Mass
Nov. 12	9 a.m.	Roman Catholic Mass
	10:30 a.m.	Contemporary Protestant Service
	Noon	Roman Catholic Mass
	1:30 p.m.	Gospel Fellowship Service
Nov. 15	7 p.m.	Protestant Communion Service



The Combined Federal Campaign

make a difference

SEE YOUR KEYPERSON TODAY

Donations accepted until Nov. 17

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Restaurante El Chozo Vistahermosa, part of a distinguished riding club, is a very attractive and cozy place. They want to get the word out that, although it is a club, it is open to the public and they offer top quality at very competitive prices. The stables and restaurant are in a tranquil spot, surrounded by lots of trees. The restaurant is done in rustic style; casual, but elegant. They offer the best of local cuisine a la carte or you can choose from several fixed price menus. There is a special menu for children so this could be a real treat for them – horseback riding and dinner. In addition to good meals and service, you can rent horses by the hour or take riding lessons. I haven't had a chance to eat there yet, but hope to do so soon and of course, will report. They also do private parties and home delivery. To get there, turn off the main drag in Vistahermosa at the golf course, continue to the end and turn left at the sign for the hipica, the restaurant is located right behind the practice tee.

Muebles Hindustán just opened a little over a week ago and it's a place I'm sure most of you will really enjoy visiting. They advertised in last week's paper and in the shopping guide. The store is located on the Fuentebravía road, between the base and El Puerto, right before the building "Alfa". It is stuffed full of interesting furniture, decorative items and other things. There are lots of chests – trunks and with drawers -, armoires, chairs, benches, small tables and some very attractive "conversation" pieces. They have jewelry boxes, large and small, lamps, some silver jewelry and so much more that I really can't remember. There is easy parking out front

PUBLISHER'S CORNER

with Karen Lucas

and if that should be full, there is a parking lot behind the "Edificio Alfa".

This weekend, the 19th "Bahía de Cádiz" Fashion Show will be held at the **Casino Bahía de Cádiz**. Bridal, cocktail, party, street clothes and the typical Andaluz riding costumes will be featured. The showing is at 10 p.m. on Saturday night.

The **dry cleaner/laundry World Ecologic Sec** located at María Auxiliadora, 25 in Rota (right next to the downtown gas station), has a good offer on military uniforms – 1,100 pesetas, ready in one day.

Antonio's Bicycle Shop on Avda. San Fernando in Rota, has a good selection of scooters, stop by and check them out.

Ducati is advertising some good deals on motorcycles that were used for testing. See the ad on 23 for details.

Mesón La Gitana in Plaza de la Cantera in Rota will be closed until Nov. 22. Remember that **Restaurante Lolita** also in Rota will be closed until the end of the month, as will **Venta La Rufana** on the Fuentebravía road. The **Brazilian Grill "La Vaca Alegre"**, also on the Fuentebravía road, will be closed until November 24.

Next time you visit someplace you saw in the Coastline, say you saw it in the Coastline. Also, share with us readers information about the surrounding area: your favorite spots and shops. Contact me by e-mail at coastpub@retemail.es, by fax at 956-542997 or by phone at 956-542997 or 607-564132.

Navy Smokeout Day to be held November 16

Health Promotion, U.S. Naval Hospital, Rota

In America, 70 percent of smokers say they want to quit, and 46 percent try to quit each year. The Navy Smokeout Day, in conjunction with the American Cancer Society's Great American Smokeout, will be held Thursday, Nov. 16. More people quit smoking on this day than any day of the year-including New Years Day!

How about you? If you're a tobacco user, the Smokeout is a great way to give it a try. Stopping tobacco use takes practice; statistics show that the more times you seriously try to quit, the better your chances of kicking the habit for good. If you're not a tobacco user, this day is for you too!

Commit to adopting a smoker for the day. Help your adoptee to stay smoke free with encouragement and reassurance that there are still only 24 hours in a day!

There are special events planned abroad the Naval Base to challenge, encourage, and reward you for participating in this year's Smokeout.

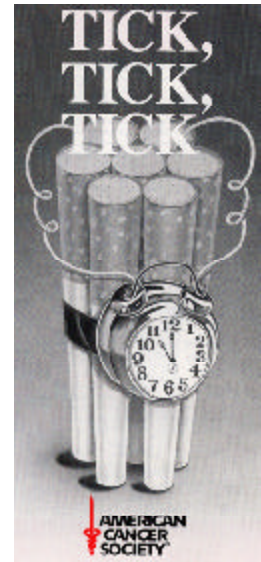
Adopt a Partner Program for a tobacco and non-tobacco user-Adoption Contracts and Survival kits for all participants.

Mini Mart Health Fair on Thursday, Nov. 9 from 11 a.m. - 1 p.m. with contracts, survival kits, tobacco information and displays, smoking awareness coloring books and stickers for the kids.

5K Fun run/walk/stroll on Smokeout Day at noon, from the base gym. Smokeout incentives and "Lunch to Go" (cold turkey sandwiches of course) for adopt a partner pairs who sign up and bring their contracts to the run.

Flyers, adoption contracts, and survival kits are available at Health Promotion, Naval Hospital, Nov. 9, and at the Mini-Mart, or from Command CFL/Health Promotion leaders.

Call Health Promotion at ext. 3350 to sign up or for more information.



FAST FACTS

☞ **Smokers die younger.** The probability of lung cancer death before the age 70 among heavy smoker is 30 times higher than lifelong nonsmokers.

☞ **Lung cancer rates higher.** Lung cancer death rates are 23 times higher for male smokers and 11 times higher for female smokers compared to people who never have smoked.

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COASTLINE CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO

NOVEMBER/NOVIEMBRE Aviation History Month DECEMBER/DICIEMBRE National Drunk and Drugged Driving Prevention Month				9 NEX Hours Extended for holidays. (Main Store and Sight & Sound), Tues - Sat, until 7 p.m. Brown Bag with Baby: Great Tips on Feeding your Baby & Toddler, 11:30 a.m. - 12:30 p.m., call 3232	10 Veteran's Day (Observed) Marine Corps Birthday (1775) Talent Show 8 p.m., Reflections, call 4049 Free academic courses, NCLC, call 3070	11 Veteran's Day - Armistice ends WW I (1918) Breast Cancer Awareness Stamps are available at the Post Office Marine Corps Birthday Celebration, call 2472
12 No CCD or Super Sunday Night today	13 DGF Parent/Teacher Conf. Day (No School) Alcohol Server Training Course, 9 a.m., Reflections, call 1517 Detailers at Reflections, Nov. 13 - 15	14 DGF Parent/Teacher Conf. Day (No School) RAMIC meets, 1 p.m., Sub Oficiales Club Creative Resume at NFSC, 1 - 3 p.m., call 3232 First aircraft takes off from ship (1910)	15 DGF H.S. SAC, 4 p.m., Library CFC Golf Tourney, Scramble, noon, call 2260 Applying for Federal Government at NFSC, 11 a.m. - 1 p.m., call 3232	16 Great American Smokeout Joint Advisory Board meeting, 9:15 a.m., Reflections Smooth Move at NFSC, 12:30 - 4:30 p.m., call 3232 PWOC Bible Study (each Thursday), 9:30 a.m., Chapel	17 Holiday Video Greetings, 10 a.m. - 2 p.m., Chapel Parents & Tots Water Play for ages 9 - 18 mos. 11 a.m. - noon, call 3232 NSGA Spouses Call, Housing Community Center, 7 p.m., call 4568	18 Holiday Video Greetings, noon - 2 p.m., Main NEX Free & Reduced lunch tickets at DGF, call 4444
19 CCD, 10:30 - 11:30 a.m., DGF Elem. School, call 2161 No Super Sunday Night today	20 Military Family Week meet Ombudsman, 1 - 3 p.m., NAVLEAD bldg. Pre-Natal Support Group at NFSC, 3:30 - 4:30 p.m., call 3232	21 Need to sell or buy something? Advertise in the Coastline, call 3786 Listen to Chapline on HOT 102.5 FM, 7:10 a.m. & 4:05 p.m.	22 Check out the Rota web site at http://www.rota.navy.mil Need base TV cable repairs? Call 4736	23 Thanksgiving Day  Thanksgiving Meal at Galley, 2:30 - 5 p.m.	24 Today is the deadline to sign up for Youth Sports Flag Football, call 2382	25 European Forces Swim League Meet, Aquatics Center, 9 a.m. - 3 p.m. First nuclear powered aircraft carrier commissioned, USS Enterprise (1961)
26 No CCD today Super Sunday Night, 6 p.m., DGF gym, call 2161	27 Anger Management at NFSC, 5:15 - 7:15 p.m., call 3232 PWOC Bible Study (each Monday), 7 - 9 p.m., Victory Villa TAP class with NFSC, 8:30 a.m. - 4:30 p.m., call 3232	28 Navy Chaplain's Corps established (1775) Stress Management at NFSC, 5:15 - 7:15 p.m., call 3232 DGF Elem. SAC, 3:50 p.m., Parent Conn. Rm. TAP class with NFSC, 8:30 a.m. - 4:30 p.m., call 3232	29 Communication & Assertiveness at NFSC, 5:15 - 7:15 p.m., call 3232 TAP class with NFSC, 8:30 a.m. - 4:30 p.m., call 3232	30 PWOC Bible Study (each Thursday), 9:30 a.m., Chapel TAP class with NFSC, 8:30 a.m. - 4:30 p.m., call 3232	1 AIDS Awareness Cay Interested in joining the Cub Scouts? Call 2380 or 956-81-4096 for more info.	2 DGF SAT Test call 4181 Spanish American Friendship Golf Tournament, 10 a.m., call 2260
3 CCD, 10:30 - 11:30 a.m., DGF Elem. School, call 2161 Super Sunday Night, 6 p.m., DGF gym, call 2161	4 Make routine Hospital appointments on-line at http://rota-www.med.navy.mil PWOC Bible Study (each Monday), 7 - 9 p.m., Victory Villa	5 Submit your story ideas to Coastline, ext. 2491 Want to become a Girl Scout? Call 4410 or 4442 to find out how.	6 Constitution Day (Spanish Holiday) Remember... ad deadline for Coastline is 7 days prior to publication	7 Pearl Harbor Day (anniversary of 1941 bombing) PWOC Bible Study (each Thursday), 9:30 a.m., Chapel	8 Day of Immaculate Conception (Spanish Holiday) U.S. Declares war on Japan (1941)	9 Need base TV cable repairs? Call 4736 or 4337 for Housing & 2347 for the Industrial Area

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Coming down the mountain!

Descending, rappelling,
hiking in Grazelema

story
and
photos
by
Basil
Biever

I have never imagined myself rappelling down a mountain or a gorge. So when I proposed to write a vista covering canyon descending in Grazelema, I thought to myself, "Are you out of your mind? Haven't you forgotten you're afraid of heights?" The calm side of me said, "It's going to be okay. I can do this. This way I'll know first-hand what the event entails and hopefully I'll be better equipped to describe canyon descending to people in the community."

Canyon Descending is a combination of hiking, rappelling, and wading or swimming through water in a gorge. Participants need to be prepared for a full day of hiking. They need to bring extra clothes to change into, some food for lunch and snacks, and water for the duration of the hike. "This activity was designed for an active person, although beginners, are welcome to attend," said Javier Gomez, MWR Marina manager. Javier further added, MWR

Marina conducts canyon descending trips once a month from April through October. A minimum of eight people are needed in order for the trip to push through.

The trip pushed through all right. No predictions of thunderstorms came to rescue me from my apprehension. We left the MWR Marina at 8:10 a.m. The group comprised of eight men and four women. The trip from the base to Algodonales was about an hour and a half. We stopped by Al-qutun Rural Youth Hostel for some coffee and hot chocolate, then we were on our way to Sierra de Grazelema.

On our way to Grazelema, we passed by Zahara; a whitewashed town nestled on a hill with a Moorish castle at the top. The houses and buildings were so whitewashed it seemed surrounded by a halo. The town, located next to a reservoir, made picturesque scenery.

Canyon Descending in Grazelema

continued from page 11

We made a brief stop on the side of the road so everyone could place their dry clothes in one car that would be parked at the end of the trail. We made sure that whatever valuables we brought were enclosed in Ziploc or plastic bags to prevent water damage.

At 10:52 a.m. we were on our way to Sierra de Grazelema. The road was very narrow and winding. When we were near the park, the road was lined on both sides with olive trees and the road we were travelling on was reddish in color. It reminded me a lot of Sedona, Arizona.

When we arrived at the Park entrance, Javier got the rappelling equipment out of the van and instructed the group to put on rappelling harnesses. I surveyed the harness that was handed to me with suspicion, and wondered how strong it would be in the midst of hanging on the air with nothing but the rope and the metal clinging to the rock keeping me safe.

Our canyon descending escorts, Juan Carlos and Sori (short for Soriano) examined our harnesses to make sure they were on properly. Juan Carlos briefed us on what to expect and what to do once we rappelled. He also advised us not to make so much noise while we are rappelling as there are vultures in the area, and we would not want to attract their attention. "Yikes! Just what I needed to know," I thought to myself.

"Sierra de Grazelema Parque Natural is a reserve. People need permission in order to enter the park in a group or with a tour guide," said Juan Carlos.

At 11:50 a.m. we began our hike down the canyon, and passed by some cows grazing in an enclosed area at the entrance. The trail had such lush green vegetation that contrasted with the gray and earth colored rocks that formed the Canyon. The path at first was wide but as we furthered into the can-

yon it became very narrow. I saw vultures circling the sky. I tried to take some photos but was disappointed when I could not get good close-ups.

After about an hour and fifteen minutes of hiking we stopped by a cavern known as "La Ermita," so aptly named due to its chapel-like formation. It had stalactites and stalagmites forming the cavern. We sat on the rocks and ate our lunch. I used that time to gather energy for the rappelling we were about to do in several minutes.

After about ten minutes of hiking, we came upon our first rappelling location. There was another group there comprised of school-aged boys all waiting their turn to rappel. I marveled at how calm they were. I, on the other hand, was a bundle of nerves and felt the inevitability that my group would discover the extent of my fear of heights.

When my turn came to rappel Juan Carlos tried to calm me down and said, "You're going to be okay." It took quite a few minutes before I came to the point where I detached myself momentarily from my fears and began my descent... my palms were sweaty, my heart was beating so fast, and I was sobbing up a storm. But before I knew it I was down on solid ground, half-smirking and horribly embarrassed at making such a scene.

The boys from the other group and the members of my group acted as if they didn't mind that I made a fool out of myself and just shrugged it off.

After I completed the first rappel, I felt less apprehensive and tried my best to take the two remaining rappels in stride. Once we were done rappelling, the rest of the hike involved stealth walking and climbing on rocks of different sizes. Prior to this I thought I had seen all the rocks in the world in Arizona. I was wrong. Our escort, Juan Carlos was right when he said, "All the rocks



in the world are here in this canyon." It seemed like five miles had already gone by and there were still more rocks to walk on, around, and over.

Finally, it was time for stream walking, wading (or swimming depending on one's height, which very much applied to me). The water was cold but soothed and invigorated my aching muscles. I smiled and thought to myself, "Gosh...I'm actually having fun." It seemed like forty-five minutes to an hour had gone by before we finally reached the end of the trail. I walked under a Roman bridge that was built two thousand years ago. I was cold and wet but I didn't mind because

I had just faced my fears and completed the trip instead of chickening out by calling in sick. Hey, I survived nearly six hours of hiking, rappelling, and wading water in a gorge...all three and a half miles of it. It only seemed longer due to the time it took for everybody to complete all three rappels.

On our way back to the base, we stopped by Al-qutun Rural Youth Hostel one more time for some hot coffee and recounted the day's events. I was glad to be in my dry clothes and pondered...

"There's hope for me after all. I wonder what adventure I would sign up for next?"

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Vista

Descending, rappelling,
hiking in Graza ema



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Today

November 9

☞ **Painting Exhibition** by Busutil. Milagros Delicado Art Gallery, Calle Diego Niño 3, El Puerto, through Nov. 21. Hours: 11 a.m.-1:30 p.m. and 6-8:30 p.m.

☞ **Photography Exhibition** by Jose Vazquez. Café-Pub Blanco y Negro, Calle Ricardo Alcon, 10, El Puerto, through Nov. 9. Hours: 5 p.m. to early in the morning.

☞ **"De la aguja nautica al GPS". Commemorative exhibition of the fifth century of the Juan de la Cosa world map.** Centro Cultural "Alfonso 10º El Sabio," Calle Larga 89, El Puerto, through Nov. 12. Hours: 11 a.m.-2 p.m. and 7-11 p.m. Admission: Free.

☞ **Painting Exhibition.** Oils by Tina Dominguez. Caja de Pandora Art Gallery. Carretera de Fuentetabarra, Km. 5, El Puerto. Hours: 8:30 p.m.-midnight.

☞ **Permanent Exhibition.** History of Aviation. Central Library, Alameda del Banco, (behind Macdonald's) Jerez. Admission: Free.

☞ **Canary Breeding Exhibition.** Callejon de los Bolos, Jerez, through Nov. 12.

☞ **Sculpture Exhibition.** "Ideas and Projections" by Antonio Yesa. Museum of Cadiz, Plaza de Mina. Hours: Wed-Sat: 9 a.m.-8 p.m.; Tue: 9 a.m.-2:30 p.m. only arranged visits, 2:30-8 p.m. general public; Sun: 9:30 a.m.-3:30 p.m. Admission: Free to Spanish or E.U. citizens. Other countries, 250 ptas. per person. Sunday: general free admission. Phone: 956-21-2281.

☞ **Painting Exhibition.** Water colours and oils. Ferrari Art Gallery, calle Santa Ines, 19, Cadiz. Hours: 7-9 p.m.

☞ **Drive-In Theater Closed.**—MWR Drive-In Theater is closed for renovation until further notice. Call ext. 3280 for details.

☞ **Flag Football Early Registration.**—MWR Youth Sports is having a Flag Football Early Registration until November 24 at the Youth Center. Boys and girls ages 7-13 may participate. Volunteers are needed. Season begins on December 2 and ends on January 27. Game days are on Saturdays. Call ext. 2382.

☞ **Nike Swoosh Club Meetings.**—MWR Youth Center is having Nike Swoosh Club meetings on November 9 and 30 at The Edge. Meetings are open to kids ages 13-18 who are interested in sports and fitness. Call ext. 4564 or ext. 4252 for details.

☞ **Story Time at the Library.**—MWR Library will be having story time today from 10:30 a.m.-11 a.m. and will be held every Thursday. All ages are welcome to attend. Call ext. 2418 for more information.

Friday

November 10

☞ **Theatre.** The group Tricicle will present "Tricicle 20". Teatro Villamarta, Plaza Romero Martinez, Jerez, 9 p.m.

☞ **Karaoke Nights at Reflections.**—Come join MWR Reflections every Friday and Saturday nights for Karaoke from 8 p.m. - closing. Call ext. 2851 or ext. 2617 for details.

Saturday

November 11

☞ **Movie.** Que es la Vida? (C'est quoi la vie?) of François Dupeyron, (France 1999). The film will be on its original version or subtitle in Spanish. Casino Bahia de Cadiz, 8:30 p.m.

☞ **Music.** Jazz para poetas andaluces. Teatro Principal, calle Amargura, Puerto Real, 9:30 p.m. Fee: 500 ptas.

☞ **Theatre.** The group Tricicle will present "Tricicle 20". Teatro Villamarta, Plaza Romero Martinez, Jerez, 9 p.m.

☞ **Beginning Quilting Classes: Christmas Tree Skirt.**—MWR Crafttech is having Beginning Quilting Classes focusing on quilting a Christmas Tree Skirt on November 11 and 18 from 10 a.m.-1 p.m. Cost is \$45, which includes all supplies. Call ext. 2550 for details.

☞ **Wood Hobby Shop Certification Class.**—MWR Wood Hobby is conducting a Wood Hobby Shop Certification Class every Saturday from 10-11 a.m. Call ext. 2550 for more information.

Sunday

November 12

☞ **Music.** Concert by the Municipal Band. Alameda del Banco, behind Macdonald's, Jerez, noon.

☞ **Puppets.** The group La Luna presents "Clara y el Dragon" (Claire and the Dragon). Alameda del Banco, behind Macdonald's, Jerez, 1 p.m.

☞ **Web Feet: The Internet Traveler's Desk Reference.**—MWR Library has received the best reference for searching the Web. It's the premier subject guide to the Internet. Students and patrons can access the best sites, easily and safely without filtering. Please check with library staff, they will help you to learn how to use this tool. Call ext. 2418 for details.

Monday

November 13

☞ **Celebrate Military Family Month.**—Come celebrate Military Family Month at the MWR Youth Center from November 1-15. Register for dozens of free daily give-aways at the front desk. Win tote bags, pens, picture frames, plus free coloring books for kids while supplies last. Call ext. 4564 for details.

☞ **Coming Soon...Cottage Crafts Consignment Shop.**—MWR Crafttech will soon be having a Cottage Crafts Consignment Shop. If you are interested in selling handmade items, contact ext. 2550 for more information.

☞ **Youth Tae Kwon Do.**—Youth Tae Kwon Do Classes are held every month on Mondays and Wednesdays at the MWR Dojo Room next to the Fitness Center. Classes are as follows: 5-5:50 p.m. for children 5-8 years old and 6-7 p.m. for children 9 years old and above.

☞ **Youth Yoga.**—Yoga classes for children ages 6 and up are being held on Mondays and Wednesdays from 4-5 p.m. at the MWR Dojo Room next to the Fitness Center. The instructor is Cynthia Barham. Call ext. 2527 for more information.

Tuesday

November 14

☞ **Movie.** The cycle Campus Cinema will present the film: Una Relacion Privada (A Private Relation), France, 1999. Salon Cultural Caja San Fernando, Plaza de las Marinas, Jerez, 8:30 p.m.

☞ **Painting Exhibition.** "Fourth Century of the Death of Saint John Great, 1600-2000" Collection of Pen-and-ink drawings by Rafael Tardio. Palacio de Villavicencio, Jerez, through Dec. 3.

☞ **Adult Yoga.**—Yoga classes are being conducted Tuesdays and Thursdays from 11:50 a.m.-1:10 p.m. and 5-6:30 p.m. at the MWR Dojo Room next to the Fitness Center. Saturday classes are also available from noon-1:30 p.m. The instructor is Cynthia Barham. Call ext. 2527 for more information.

☞ **Beginners/Intermediate Floor Aerobics.**—MWR Athletics is having a Beginners/Intermediate Floor Aerobics at the MWR Aerobics room next to the Fitness Center. Classes will be held Tuesdays and Thursdays from 6:30-7:30 p.m. Call ext. 2563 for details.

☞ **Walking Class.**—MWR Athletics is having a Walking Class today, and will be held every

Tuesdays and Thursdays from 10-11 a.m. Walk begins at the Dive-In Deli. Children are welcome to attend with parents. Call ext. 2563 for details.

Wednesday

November 15

☞ **Theatre.** "Instintos Ocultos" of Leo Bassi. Edif. San Luis, Plaza del Ave Maria, 2, El Puerto, 9 p.m. Fee: 1,000 ptas.

☞ **JAMS Lock-In.**—MWR Youth Center is having a Lock-In at JAMS on November 17-18. Ages 10-12 may participate. There will be a private glo-bowling party and midnight movie. Space is limited. Sign up deadline is November 15. Call ext. 4564 or ext. 4252 for details.

☞ **Crafter's Circle.**—MWR Crafttech is conducting a Crafter's Circle on November 15 from 10 a.m.-noon, and will be held every first and third Wednesday of every month to learn a new craft or hobby. Call ext. 2550 for details.

☞ **Oak Book Case Class.**—MWR Wood Hobby Shop is conducting a 5-ft Hardwood Oak Book Case Class from November 15-17. Day classes will be held from noon-3 p.m. and afternoon classes will be held from 5-7 p.m. All supplies are included. Students must be shop certified prior to class. Call ext. 2284 for details.

Thursday

November 16

☞ **Turkey Bingo at Reflections.**—MWR Reflections is having a Turkey Bingo on November 16. Sales begin at 6:45 p.m. There will be games and special prizes. "Best gobbler gets a prize." Call ext. 3801 for details.

Ongoing

☞ **Bike Mechanic Needed.**—Expeditions needs a volunteer with experience in bicycle repair. If you have the talent, call ext. 2527.

☞ **Jazz Musicians.**—Expeditions is looking for some musical talent to get a jam session together. Call ext. 2527 for more information.

☞ **New at the Auto Hobby.**—The Auto Hobby Shop now offers **pre-buyers inspection.** Before you purchase that Rota beater or any dream car, find out if it's a good deal or just another piece of fruit. Call ext. 2268.

Museums

San Fernando

Municipal Historic Museum. Special Features: remains of prehistoric settler, Phoenician, Punic and Roman material and industrial elements, and the remains from the Sancti Petri enclave. Houses a collection of artistic works. Calle Real, 63. Hours: Mon-Fri: 10 a.m.-2 p.m. Closed Sat., Sun and holidays. Free admission.

Naval Museum. Exhibition Hall for the dissemination and promotion of Naval Culture. Models and other objects which display the evolution of navigation and the history of the Spanish Navy. Escuela de Suboficiales, Poblacion Militar de San Carlos. Hours: Sat-Sun: 10:30 a.m.-1:30 p.m. There is no set timetable from Monday to Friday, and all visits must be prearranged by telephone. Free admission. Groups can arrange visit, calling 956-59-9052.

Royal Institute and Admiralty Observatory. Oldest Astronomy and Geomagnetic Observatory in Spain. Official Spanish time is established here. Its library houses more than 25,000 volumes and 3 original examples. Calle General Pujales. Hours: Mon-Fri: 9 a.m.-noon. Limited to group visits, which must be prearranged by calling the numbers 956-59-9000. Free admission.

Gypsy Markets

Monday: Cadiz and Jerez
Tuesday: El Puerto de Sta. Maria
Wednesday: Rota and Sanlucar
Thursday: Puerto Real
Friday: Arcos

Community Relations

☞ **Interested in touring one of these museums?**

☞ **Need information on an event listed in 8 Days?**

Contact the Naval Station
Community Relations
Office at ext. 2813.

#4

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ATLANTIC

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SPECTRUM

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>>> To see the Newsports and
AFN Pacific television schedules,
go to www.afrts.osd.mil/afnontv

WEEKEND MOVIES

Friday, Nov. 10

The Great Escape - American, British and Canadian POWs plan a mammoth breakout from an escape-proof German prison camp during World War II. Not only is this action classic based on a true story, it also features one of the most exciting motorcycle chases in film history. Starring James Garner, Steve McQueen, Richard Attenborough, and Charles Bronson. (180 min, War Drama, 1963, TV-PG) **AFN, 1:05 a.m.**

Saturday, Nov. 11

Broken Arrow - An Air Force officer and a park ranger race against time when a renegade bomber pilot plots blackmail with a couple of stolen nukes. Starring John Travolta, Christian Slater, Samantha Mathis, and Howie Long. (120 min, Thriller, 1996, TV-PG) **AFN, 1:05 a.m.**

Patriot Games - CIA analyst Jack Ryan pulls out all the high tech stops after his family is targeted by IRA gunmen. Based on the best-selling techno-thriller by Tom Clancy. Starring Harrison Ford, James Earl Jones, Anne Archer, and Sean Bean. (120 min, Action Thriller, 1992, TV-PG) **AFN, 3:05 a.m.**

Sunday, Nov. 12

The Wonderful World Of Disney: Switching Goals - Soccer-playing twin sisters switch identities to help their father coach his youth team to a championship. Features appearance by soccer superstar Alexi Lalas. Starring Mary-Kate and Ashley Olsen, Eric Lutes, and Kathryn Greenwood. (120 min, Juvenile Comedy, 1999, TV-G) **AFN, 9 a.m.**

Searching For Bobby Fischer - The game of chess is the center piece of this true story. When an eight-year old boy is discovered to be a true chess prodigy, his family struggles to maintain a balance between childhood games and adult competition. Starring Joe Mantegna, Max Pomeranc, Ben Kingsley, and Laurence Fishburn. (120 min, Drama, 1993, TV-PG)

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MOVIES

GATEWAY AUDITORIUM

Today

6 p.m. Urban Legend (R)
8:30 p.m. Bait (R)

Friday

3 p.m. Dinosaur (PG)
7 p.m. Meet the Parents (PG-13)
9:30 p.m. The Watcher (R)
Midnight: Bait (R)

Saturday

3 p.m. Titan A.E. (PG)
7 p.m. Bait (R)
9:30 p.m. Almost Famous (R)
Midnight: Get Carter (R)

Sunday

3 p.m. Dinosaur (PG)
6 p.m. Titan A.E. (PG)
8:30 p.m. Get Carter (R)

Monday

3 p.m. Dinosaur (PG)
6 p.m. Almost Famous (R)
8:30 p.m. Titan A.E. (PG)

Tuesday

3 p.m. Titan A.E. (PG)
6 p.m. Get Carter (R)
8:30 p.m. Almost Famous (R)

Wednesday

6 p.m. Titan A.E. (PG)
8:30 p.m. Get Carter (R)

Thursday

6 p.m. Get Carter (R)
8:30 p.m. Almost Famous (R)



*All MWR movies are
free, all the time.*

G – General Audiences, All ages admitted

PG – Parental Guidance Suggested, Some material may not be suitable for children

PG-13 – Parents Strongly Cautioned, Some material may be inappropriate for children under 13

R – Restricted, Under 17 requires accompanying parent or adult guardian

National Picture Association of America

MWR's Movie Information
Line extension is 2624.

DRIVE - IN

**DRIVE IN CLOSED
UNTIL FURTHER NOTICE
FOR RENOVATION**

Almost Famous (R: for language, drug content and brief nudity) Drama/Musical; Patrick Fugit & Billy Crudup (120 min). An awkward teenage reporter sets off with an up and coming rock band to learn and write about their life on the road for Rolling Stone magazine. He befriends the band and their fans, the Band-Aids, in the process.

Bait (R: for language, violence and sexuality) Action/Comedy; Jamie Foxx & David Morse (119 min). A small time crook is unknowingly bugged by the Feds and used as bait in the hope of luring out a high-tech thief who masterminded a \$42 million-dollar gold heist from the Federal Reserve Bank.

Dinosaur (PG: for thematic elements) Adventure; D.B. Sweeney & Julianna Margulies (82 min). Aladar, a young dinosaur raised from the egg by a group of lemurs, returns to his family just in time to witness the end of the Mesozoic era as a huge comet brings the days of the dinosaurs to a close. Now, as the world around them changes, Aladar must overcome tremendous obstacles to bring his family and friends to safety.

Get Carter (R: for violence, language, some sexuality and drug content) Action/Adventure; Sylvester Stallone & Miranda Richardson (102 min). When a hit man's brother is murdered, he sets out on a desperate search for redemption and revenge which forces him to re-evaluate himself, his family and his dangerous career. Updated remake of the 1971 British action movie of the same title.

The Watcher (R: for extreme violence and profanity) Drama; James Spader & Keanu Reeves (93 min). When a detective, assigned to track down a sadistic serial killer, gives up all hope of solving the crimes, he decides to move to another city to start his life over and escape his past. The killer still continues his deadly crime games by sending pictures of young girls destined to be his next victims to the "tortured" detective.

Urban Legends: Final Cut (R: for violence, & language) Suspense; Jennifer Morrison & Loretta Devine (100 min). During a contest to determine the best thesis film, student film makers at Alpine University are having an unusually hard time because someone is killing crew members. Among the student competitors is Amy, whose thesis film is about the contemporary tall tales known as urban legends and who must unmask the killer before she too becomes an urban legend.

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#Half Page

245.5mm X 175mm

CLASSIFIEDS

AUTOS

1990 GEO STORM automatic transmission, A/C, 2-door hatchback. Runs good; reliable and economical. Asking \$1,600 OBO. Call x4847

1999 SEAT AROSA: like new, fully loaded. \$6200, call 4931.

1988 CINTRON BX19: not a Rota beater. Ready for full 3 year tour. Make an offer. Call 1535 for details.

1992 FORD ESCORT LX STATION WAGON automatic, A/C, excellent condition, runs great, well maintained. \$3,800. Call Sagun x2772, 4852 after 4 P.M.

FORD FIESTA XR2: 1600cc, 96 horse power; excellent condition. AM-FM radio, cc, sun-roof, powerhigh beams, only one owner, ITV good til Feb 01. Price \$2500 obo phone 956856871.

1994 VW GOLF GTI: Beautifully maintained, fully equipped. European specs, Spanish taxes paid. Must see. \$6900 or Peseta equivalent. Call 956-482427 after PM.

1996 FORD FIESTA 11: Good condition, ITV good until 2001, price \$850, call 3212 (on base) or 956 873122 ask for Jaime.

1989 CITROEN ATHENA: 127,000, 5-speed, A/C AM/FM cassette. Well maintained reliable car. ITV Aug 2001, Ins Dec. 2000 \$1500 Contact Ed at 956-814448

1987 ALFA ROMEO 33.7 SPECIAL EDITION: tax & Insurance 2001 asking \$2000 OBO. Contact Mary 956 48 1021

1990 FORD ESCORT 1.6, 5 DOORS: ITV good until July 01, runs great. \$1,600 (negotiable). Call Maria 956-811486 or 696-846057.

1989, OPEL KADET: 1600cc, 5-speed, 4-door, huge trunk, new discs breaks, luggage rack, one owner. \$2500 OBO. Call Kim @ 956480046

1988 OPEL CORSA 1200S: 38,000 miles, 4 doors, new battery, new tires, complete tune-up. ITV valid until July 2001, Owner pays for

transfer of ownership. \$1,600. Call Silvia at 2100 or 956-873296.

1989 OPEL OMEGA 2.0i: Fully equipped, new tires, perfect condition. ITV until July 2001. \$2,900 Call Silvia at 2100 or 956-873296.

PIAGGIO SCOOTER: 49cc, very nice; \$800 OBO. Call 956-81-5173 after 6 p.m. only M-F.

HARLEY DAVIDSON 883: 20 liter gas tank and many extras. 1,190,000 pesetas. Call Sandy at 639-107335 or Inma at 956-860805.

FOR SALE

DIMARTELLO CRAFTED FULL-SIZED VIOLIN: In excellent condition. Includes case, bow, shoulder pad, etc. \$250. Call Brandy at ext. 4502.

HOUSEHOLD GOODS: Evenflo 3 in 1 carseat stroller \$75, Little Tykes racecar bed \$100, Playschool Adjustable Highchair \$30, Little Tykes Cubical slide \$30, Little Tykes car walker \$10. Please call Shannon at 956-48-0552

HOUSEHOLD GOODS: 120 liter aquarium: includes fish and all accessories (220 v, but runs great on one transformer), \$225. 5 disk Kenwood CD carousel, like new; \$50. Samsung 31" multi-system/dual voltage TV, comes with antenna for local TV. \$350. (TV available Dec. f). ski machine; \$30. Call Michael for Michelle at ext. 4290.

HOUSEHOLD GOODS: Lawn mower: \$20. Cell phone, all accessories; \$20. Transformer; \$15. Call Brandy at ext 4502.

MEDELA PUMP IN STYLE: electric breast pump, like new. Includes all accessories. Also have attachments for hospital pumps, \$100 firm. Call Brandy at ext 4502.

BOSE ACOUSTIMASS: brand new, 10 system, retails for \$899 at the NEX. Will sell for \$750 with stands. Please call Jake at ext. 4109 or 2231.

BUTANO HEATER: \$50. Electric oil heater (220v), \$40. Dehumidifier,

\$80. Call Maria at 85-7936 or 616-65-8701.

BOSE LIFESTYLE-3: \$450, call 956-81-5173 after 6 p.m. only M-F.

LLADRO FIGURINES: all limited editions: "the Flirt" last made in 1978. Auctioned for \$850. Asking \$400. Call Jon or Maria at 956-85-7936.

LLADRO FIGURE: "Magic" last sold in 1985 for \$600. Partially broken. Asking \$200. Call Jon or Maria at 956-85-7936.

LIMITED EDITION: Elisa Ceramic Figures. New for \$200. Asking \$150. Ceramic figure of Hindu man, \$80. Call Jon or Maria at 956-85-7936.

HOUSEHOLD GOODS: Wall unit head board with lights, chest of drawers and vanity. Queen size mattress and european box spring (mattress less than a year old) Paid \$3500 new, must sell everything for \$1700. Call Ed at 2496 or 956-481205 after working hours.

HOUSEHOLD GOODS: Entertainment Center style computer desk; less than six months old, paid \$399 at NEX, will sell for \$250. Diamond USB (external) 56K modem \$35. Call Ed at 2496 or 956-481205 after working hours.

HOUSEHOLD GOODS: Mitusbishi 26" NTSC TV Stereo w/ SAP \$300 obo, Honywell True HEPA Portable Air Cleaner \$50, If interested call Mario Domingo at x2316 during working hours or (666) 85-1414.

HOUSEHOLD GOODS: Oversize blue chair, sofa, and loveseat, good condition, \$250. Call 4782 (9 a.m.-9 p.m.)

HOUSEHOLD GOODS: two butano heaters with one bottle, \$80. Graco high chair converts to table and chair, \$35. Call ext. 1355 or 956-87-3801 after 6 p.m.

HOUSEHOLD GOODS: JVC 19" color TV in good shape, \$40. Call ext. 4931.

American Dryer GE: Family size 4 years old. Perfect condition. \$100 - 649-47-7806

DECORATOR CEILING LIGHT FIXTURES: Excellent condition. Various colors/styles. Will add class to any room. Small (\$3 to \$5) and large (\$10 to \$20) sizes. Excellent for Spain and a must if PCSing to Germany. Call John or Margaret at 956-87-6718 before 2000 hours.

OVERSIZED SOFA & LOVESEAT SET: Extremely comfortable. Less than 1 year old, excellent condition, \$600. Can deliver if needed. Call 626 954 171.

HOUSEHOLD GOODS: Oak dining room table with leaf, 4 side chairs and 2 arm chairs. Hardly used, \$400. One medium size dog kennel used once, \$30. Call 626 954 171.

SPANISH LIVING ROOM FURNITURE for sale. If you would like to see pictures I can email them to you. For info email: turtleptrn@total.net

"APPLIO" INTERNET PHONE SYSTEM: Stand-alone Internet telephones don't require a computer / modem to call via internet telephony worldwide. New, still in box—paid \$425 but will sell the pair for \$300. Dave, Ext. 2783 or 956 48 2257

HOUSES/ APARTMENTS

For rent: House, 10 minutes from the base. 3 bedrooms, living room with fireplace, bathroom, kitchen, porch, phone and large yard (3,500 meters) with many trees. 100,000 pesetas/mo. Call 956-810500 for more information.

For rent: 4 bedroom townhouse in a nice area of Rota, 2 baths, large back patio, garage and new kitchen cabinets. 90,000 pesetas/mo. water and community fees included. Call Maria at 956-811486 or 696-846057.

For rent: Beautiful beachfront furnished apartment with large terrace. Living/dining room, 3 bedrooms, fully equipped kitchen, satellite TV, phone, solar heat, underground, garage, very nice. 125,000 pesetas/mo. Call Brigitte at 956-851396 or Coco at 956-480973.

480973.

For rent: A gem in las Redes. Walk to the ocean or enjoy the community pool. This brand new house has 4 bedrooms, 3 baths. New kitchen cabinets, granite floors, beautiful tiles, fireplace, front and back patio, parking for up to 3 cars. Owner asking 125,000 ptas. CENTURY 21 Exclusive listing. Available NOW! Call CENTURY 21 Agin 2000 at 956-84-6221. WE RENT HOMES. NO RENTAL FEE

For rent: Beautiful apartment on the beach. 2 Bedrooms, 1 bath, garage, balcony overlooking the beach, close to the base. 75,000 ptas. Call Maria X2813.

For rent: NEED MORE SPACE? Four-bedrooms townhouse in a quiet area of Rota, with two and a half baths, one of them inside the master bedroom. Large back patio and big solarium. Parking space in the underground garage. Owner asking for 90,000 Ptas/mo. . Call CENTURY 21 Agin 2000 at 956-84-6221. WE RENT HOMES. NO RENTAL FEE.

For rent: Cute apartment in Fuentebravia, 3 bedrooms, 2 baths, large living room. Community yard. 70,000 pesetas/mo. Call 956.850653 or 670-795032.

For rent: CLASSY CONDO Nice 2 bedrooms apartment in Rota. Partially furnished, great for a single. One bath, new kitchen cabinets, vitro, new refrigerator, etc. No parking problems and close to the beach. Owner asking for 80,000-Ptas. a month. Call CENTURY 21 Agin 2000 at 956-84-6221. WE RENT HOMES. NO RENTAL FEE.

For rent: Fabulous penthouse apartment in Fuentebravia, 200 square meters. American, luxury kitchen, living/dining room, 3 bedrooms, 2 baths, balconies, satellite TV, phone, 2 undergrounds parking spaces, solar heat. 220,000 pesetas/mo (includes community fees). Call Brigitte at 956-851396 or Coco at 956.480973.

For rent: SPACE, SPACE AND MORE SPACE. 5 Bedrooms single

family home in a quite area. Large master bedrooms with it's own bath, ceiling fans in all the rooms, air conditioning in the living room. Enclosed garage and visiting roof. Owner asking 150,000-Ptas/mo. Call CENTURY 21 Agin 2000 at 956-84-6221. WE RENT HOMES. NO RENTAL FEE.

Need a house? Lot's of houses to rent, we'll find what you want. No rental fees, no language barrier. We rent, sell and build houses. American management. Your satisfaction is our best publicity. 956-543755 or 610-753503. Call us anytime.

For rent: House in Vistahermosa, 4 bedrooms, 2 1/2 baths, living-dining room, large kitchen and large yard. 165,000 pesetas/mo. Call 956-850653 or 670-795032.

For rent or for sale: Brand new house in Las Redes. 3 bedrooms, 2 baths, living-dining room and kitchen. Community pool Rent: 100,000 pesetas/mo. Sale: 26,000,000 pesetas. Call 956-850653 or 670-795032.

RENT MONTH TO MONTH We have apartments available on short-term leases as well as rentals from September to June. Call CENTURY 21 Agin 2000 at 956-84-6221. WE RENT HOMES. NO RENTAL FEE.

For sale: Two-story house; Ground floor: hall, large living room, large kitchen and master bedroom with private bath. Upstairs, two bedrooms with one bath and terrace. 600 sq. meter yard. 32,500,000 pesetas. Call 956-850653 or 670-795032.

MISCELLANEOUS

TOPS . (Take Off Pounds Sensibly), a weight loss support group meets every Monday evening in the Family Practice Clinic conference room at the hospital. Weigh in begins at 6:30pm and the meeting begins at 7:00pm. Call Suzanne for more information: 956-84-0902 or email szadale@arconet.es

Feng Shui and Reiki Consultations by a Master

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www.fengshuiharmony.cc or Call 649-47-7806. Open to speeches for groups and organizations.

Piano Lessons- fun lessons in English. All levels. All ages. Free first lesson. 12 years teaching in US call Helen Possas 956-853020

Dog Training/Boarding Kennels - Experienced, friendly trainer offers Basic Obedience, Problem Solving etc. Small, High Quality Kennels by the sea in Rota. For more information call or E-mail Paul: 676 298 880 dogschool@yahoo.com

Need a break? 1 or 2 days, a week, a month? Come to Torremolinos. Studios, 1 and 3 bedroom apartments. For rent. Swimming pool. 10 minutes walk to town center and beach. Rayspain22@hotmail.com or 952-051523.

Rota Animal Welfare League. Check out their new web site at www.rawl.org

Intensive Spanish Courses: All levels - Trinity School. For information, call 956-871926.

PETS

FREE TO GOOD HOME: 11 month old wire hair terrier mix, wonderful personality, great with kids, and always happy. We are PCSing and cannot take him, as we will be transient for too long. Call Michael or Michelle at ext. 4290.

WANTED

Looking for a riding stable that has an English-speaking instructor. Please call @: 686-18-6224.

HOME NEEDED: for half shepherd husky. Great with children. Does not bark but will talk. Call Frank Jackson for details, 617-70-5906 or 1535.

OUTDOOR PLAY EQUIPMENT: preferably "Little Tikes" or similar brand in good condition. Please call 956-87-3801 after 5:30 p.m. or ext. 1355, leave a message.

'FULLY FURNISHED apartment or house in Rota for family of 5 during Semana

Santa, (April), for 1-2 weeks. Call Suzanne Miller at 956-84-0902 or email: suzadale@arconet.es

PRAYERS

Prayer to St. Jude: *To be said when problems arise or when one seems to be deprived of all visible help, or for cases almost despaired of.* Most holy apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of hopeless cases, of things almost despaired of. Pray for me, I am so helpless and alone. Make use I implore you, of that particular privilege given to you, to bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly (here make your request) and that I may praise God with you and all the elect forever. I promise, O blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devotion to you. Amen, Amen Jess López

Private Enterprises on Base

Residents on base who wish to establish a private enterprise within their home must obtain approval in advance. All private enterprises, including babysitting, must be approved by the Staff Judge Advocate. For information on what enterprises are authorized, and to find out more on the approval process, contact the SJA at ext. 2870.

Placing an Ad

Free classified ads are available to all TEI 'Spanish ID' card holders, including active duty U.S. military members, DoD civilian employees, and their family members. Free classified ads are limited to 25 words or less and are restricted to non-commercial goods and services.

Paid classified ads for commercial and non-commercial goods and services are available to non-TEI cardholders as well as TEI card holders.

Free Classified Ads

Fax ad to: 956-82-1021
email ad to: coastline@navsta.rota.navy.mil
Ads must be in the Thursday prior to desired publication and will run for one week only.

Paid Classified Ads

Call: 956-542997 or 607-56-4132
email: coastpub@retemail.es

Need to know what the peseta rate? Visit the PSD website at:
www.psd.rota.navy.mil

POV Listings Call 956-81-1044/5934

Batten, S. W.	Murphy, J. M.	Trivedi, M.
Batten, K. W.	Parker, A. J.	Tucker, D. J.
Duncan, S. C.	Redenbaugh, A. T.	Weintraub, E. W.
Gilsdorf, J. S.	Richert, V. A.	Wright, M. E.
Lilly, C. H.	Stanford, C. R.	

Appropriations Act continued from cover

employees Retirement System, would allow military personnel to invest a percentage of their pre-tax pay toward retirement. Taxes on participants' investments and earnings are deferred while in the plan. Details remain to be worked out, but the act calls for the system to be up and running 360 days after the president signs the legislation.

The Thrift Savings Plan offers federal civilian employees the same type of investment and tax benefits as so-called 401(k) plans of private corporations. Money invested comes from pre-tax dollars and reduces taxable income; investments and earnings are not taxed until they're withdrawn.

Active duty and Ready Reserve service members will be allowed to invest up to 5 percent of their basic pay in the TSP and all of any special and incentive pays they may receive — including bonuses — up to a total \$10,500 annual limit.

Service members in certain critical specialties may be eligible for matching funds in limited instances.

TRICARE Changes

The budget changes the TRICARE military medical system in several ways. For active duty personnel, TRICARE Prime Remote now covers family members as well as active duty personnel. The act also eliminates co-payments for active duty family members enrolled in TRICARE Prime. It also allows

travel reimbursements to those who must go more than 100 miles to see a TRICARE health-care provider.

The biggest TRICARE change, however, covers Medicare-eligible retirees. The act restructures TRICARE to allow Medicare-eligible military retirees and their family members to continue their coverage beginning in fiscal 2002.

Under the plan, Medicare-eligible beneficiaries would pay no co-pays, deductibles, or TRICARE enrollment fees or premiums. Retirees can receive care under Medicare; also, any medical expense not covered by Medicare will be paid by TRICARE.

The act also expands the mail-order pharmacy service to cover all beneficiaries, including Medicare-eligible retirees.

Food Stamps Special Allowance

The budget creates a new cash subsistence allowance that's scheduled to begin in spring or summer 2001. The allowance would be in the amount of the member's food stamp allotment or \$500, whichever is less, DoD officials said.

DoD and service officials are still working out the operating details of this allowance program. They said the new allowance rules will count the value of base housing as income in computing members' eligibility; the food stamp program does not.



www.rota.navy.mil/news

YOUR
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NEWS
SOURCE

#4

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Dancing and Overtime play

Sports Commentary by JO3 Ricky Allen
Rota Coastline

Last week, if there were to be any dancing in the end zone, this would have been the perfect time to do it. Three out of the four games went into overtime last week. Though each had a surprise ending, many were afraid to celebrate on the field, because "show-boating" is prohibited by MWR athletic by-laws.

When you think about it, this type of behavior should be accepted because it's a player's way of celebrating a job well done.

In fact, many professional sports figures, like Deion Sanders, are known for their dance routines after they score. Personality, whether on a field or court, brings to athletic events the things it needs - character, life, and entertainment.

Here, the rules change. Players in the Rota sports world are not allowed to "showboat". Does this

take away anything from the game? Maybe. Many athletes feel there is nothing wrong with a little extra entertainment.

Questions to keep in mind: does the dancing and excessive team spirit show bad sportsmanship? Or, does the individual have the right to dance like M.C. Hammer when scoring a point for their team? The People's JO says dance if you want to dance, as long as you have a little rhythm.

Let's talk about last week's football games. The Runnin' Roos, NAVSTA, NSGA, and NCTAMS played some dynamic flag football last week, resulting in each of the four teams playing in overtime. The Runnin' Roos showed how much they really, really, wanted to win by bringing their command to watch the game.

Wow! Compliments to the NMCB-133 CO and her staff for team spirit and command sup-

port! It seemed NAVSTA was playing against the NMCB-133 spectators and the Runnin' Roos. Was there at least one NAVSTA fan? Not really. Everyone, even NCTAMS fans were cheering for the Runnin' Roos. Goodness gracious, NAVSTA needs to hand out fruitcakes this holiday season to have fans at Admiral's field cheer for them.

NSGA, NSGA, NSGA...What was going through their minds during the second half play? In every game they play, everything goes great in first-half play, but when it comes to the second half, they seem to go to sleep (maybe they are the sleepers in the league). Let's not get confused, these guys can play solid football, but they seem to relax a little too early in their second-half play. What about NCTAMS?

Well, their level of play may not be electrifying, but they have a couple of volts.

CFC Golf Tournament

Compete in a golf tournament while helping out others in the CFC Fund Drive golf tournament at the Capt. Jake Dennis Memorial Course on base Nov. 15. Check-in is at 11 a.m., with a shotgun start at noon. Entry fee is \$20 per person or \$80 per team, which includes green fees, prizes and awards, and a BBQ. PString and mulligans will also be available. The tournament is limited to the first 36 paid teams. For more info, call Commander Eisman at ext. 2625/3115 or Master Chief Adamo at ext. 3911 or Maggie at the golf course at ext. 2260.



The twelve-game youth soccer season ended on Saturday. In five and six-year-old division action, Smashing Pumpkins, Steven Snyder and Kayla Berns pursue Shark Jaime Meyer.

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WMT Sports Results									
Bowling									
Team	Score	Opponent	Score	Opponent	Score	Opponent	Score	Opponent	Score
Shannon Wilson	706	Opponent	706	Opponent	706	Opponent	706	Opponent	706
Rick Gordon	684	Opponent	684	Opponent	684	Opponent	684	Opponent	684
Jason Quindt	661	Opponent	661	Opponent	661	Opponent	661	Opponent	661
Softball									
Dental	1st	Opponent	1st	Opponent	1st	Opponent	1st	Opponent	1st
NSGA	2nd	Opponent	2nd	Opponent	2nd	Opponent	2nd	Opponent	2nd
VQ-2	3rd	Opponent	3rd	Opponent	3rd	Opponent	3rd	Opponent	3rd
Basketball									
Shannon Wilson	706	Opponent	706	Opponent	706	Opponent	706	Opponent	706
Rick Gordon	684	Opponent	684	Opponent	684	Opponent	684	Opponent	684
Jason Quindt	661	Opponent	661	Opponent	661	Opponent	661	Opponent	661

Bowling for CFC

CTR3 Shannon Wilson lets the ball fly during Friday's CFC Tournament at Rota Lanes.



CFC Bowling and Softball Winners

Winners in the CFC Bowling Tournament held Nov. 3 are: 1st Place - Terry Robbins (Hospital) 706 points for 3 games; 2nd Place - Rick Gordon (NSGA) 684 points; and 3rd Place - Jason Quindt (NSGA) 661 points.

Winners in the CFC Softball Tournament held Nov. 4 - 5 are: 1st Place - Dental; 2nd Place - NSGA; and 3rd Place - VQ-2. The bowling tournament raised \$281.50 after MWR fees, and the softball tournament raised \$500.

CFC Three-on-Three Basketball Tournament

The CFC Three-on-Three basketball tournament will be held Wednesday, Nov. 15 at the fitness center. Call Petty Officer Thompson at ext. 2530 for more information.

Subway Series sorrows in NY

To most New Yorkers, there are two- and ONLY two- places in the entire universe. One of these places is an island called New York City. The other one is a large landmass called Not New York City.

Deep down inside, all the residents of this little island carry with them a lobotomized sense of pride and self-importance.

They know that the six billion inhabitants of our planet can

"New Yorkers were jumping around like a schoolyard full of ADD kids on the last day of class."

be neatly categorized into three groups: the current residents of New York City (9 million people), all the people who wish they were living in New York City (the majority of the planet's population-obviously) and those that should be summarily executed. Actually, in this way, they're not unlike Nazis.

For this reason, I was filled with my own sense of lobotomized happiness when I heard about the television ratings for the World Series. You just gotta love it.

Every member of the right coast media has been salivating for years at the possibility of an All-New York match-up in October.

For the past three seasons, with both the Yankees and Mets playing great baseball, the New York media has been tokin' off the speculation bong with giddy euphoria.

Again and again I was reminded of how such a championship would have the entire country glued to their television sets. Then, all of sudden -BOOM- it happens.

In somewhat of an upset, the Mets took down that sorry team from Not New York City while the Yankees came back to beat the Not New York City Mariners. The stage was now set for the greatest spectacle in the history of baseball...Yankees vs. Mets!

For such an event, the coverage would have to be bigger and better than anything that had come before. Newspapers across the land would need 17 pages of extra sports section each day. Cable television would need a 24-hour channel devoted to nothing but the 2000 World Series. Solar systems and planets would need to be destroyed in order to make New York City the geographical center of the universe.

Sports Talk

with Russ Gambrel



As the Subway series got under way, the city was in a near-riotous frenzy. New Yorkers were jumping around like a schoolyard full of ADD kids on the last day of class. And to belabor a bad metaphor, the Ritalin truck was nowhere in sight.

Then, somehow in the midst of all the chaos, something unimaginable happened: nobody watched. Game 2 was soundly beaten by *Touched by an Angel*.

The Nielson ratings for Game 5 were lower than congressional budget hearings on C-SPAN. Then came the worst news of all.

The Mets/Yankees World Series had garnered the lowest ratings in the history of televised baseball.

Come to find out, residents of NNYC don't love or hate the Yankees and Mets. They just don't care either way. The news for Gotham dwellers is grim. Rome has fallen and Emperor Steinbrenner is dead. Someone did indeed let the dogs out. Just in time for them to get run over.

See ya next week...

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